


FREE

Veterans Corner Newsletter

Hopi Veterans Services: "Putting Hopi & Tewa Veterans First"

FREE

2015 FOURTH OF JULY—INDEPENDENCE DAY

Volume 5, Issue 7
July 2, 2015

Independence Day, commonly known as the Fourth of July or July Fourth, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States.

The Hopi Veterans Services extends our wishes to you and your family members as you get ready to enjoy this first summer holiday either at home or at various locations across the country. Take time to pause and give thanks to all our Soldiers, Marines, Sailors, Airmen and Coast Guardsmen who continue to stand guard and remain vigilant to protect and defend our nation.

So as you get ready to pack for the extended weekend, make sure you are safe on the highways as traffic will be heavy. Drink plenty of water to stay hydrated during the high temperatures and have skin protection from the sun's rays. Above all practice safety as you enjoy your camping, water sports or sight seeing. Happy Independence Day and have fun with your family & friends.

VA OFFERS ON-LINE RESOURCE TRAINING FOR VETERANS AND SERVICE MEMBERS

There is no getting around it, life is stressful and on top of everyday stressors, Veterans and Service members often deal with added issues – transitioning from military to civilian and family life or being separated from loved ones. To help military members and their families deal with challenges associated with service, stress and transition, VA developed the Veteran Training Resource Center which features tips and stories from Veterans who went through the same experiences. It contains three, free, online self-help resources which allows individuals to take the courses at the time, place and pace of their choosing.

Moving Forward: Overcoming Life's Challenges

Helps people understand their personal decision-making strengths and weaknesses, identify goals and formulate plans to confidently face obstacles. It includes stress management techniques and other tools to create a personal Action Plan. Moving Forward features interactive games, quizzes and videos of different characters discussing stressful situations like relationship problems, financial difficulties, physical disabilities and unemployment.

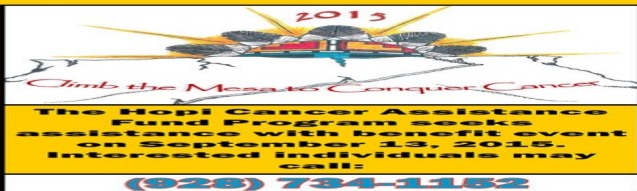
Anger and Irritability Management Skills (AIMS)

Offers practical skills and tools to help individuals understand personal anger triggers, manage their temper and develop more control over actions and behavior through developing a personal anger management plan. AIMS also teaches how to get along better with people using effective conflict resolution and communication skills.

Parenting for Service Members and Veterans

Addresses everyday parenting challenges, especially those exclusive to military and Veteran families. It teaches ways to reconnect with family, manage stress and strengthen the parent/child relationship. Each of Parenting's six modules addresses a different challenge parents may face and discusses the specific feelings and emotions each age group of children (toddlers through teenagers) will experience. [For more information, visit www.VeteranTraining.va.gov](http://www.VeteranTraining.va.gov)

Call for Volunteers



WASHINGTON – The Department of Veterans Affairs (VA) today published a new regulation that expands eligibility for some benefits for a select group of Air Force Veterans and Air Force Reserve personnel who were exposed to the herbicide Agent Orange through regular and repeated contact with contaminated C-123 aircraft that had been used in Vietnam as part of Operation Ranch Hand (ORH).

VA published this regulation as an interim final rule so that it could immediately begin providing benefits to eligible Air Force veterans and Air Force Reserve personnel who submit a disability compensation claim for any of the 14 medical conditions that have been determined by VA to be related to exposure to Agent Orange.

Secretary of Veterans Affairs Robert A. McDonald made the decision to expand benefits following receipt of a 2015 report by the National Academy of Sciences Institute of Medicine (IOM) on Post-Vietnam Dioxin Exposure in Agent Orange-Contaminated C-123 Aircraft. This VA requested report found evidence that as many as 1,500 to 2,100 Air Force and Air Force Reserve personnel who served as flight, medical and ground maintenance crew members on ORH C-123 aircraft previously used to spray Agent Orange in Vietnam were exposed to the herbicide.

“Opening up eligibility for this deserving group of Air Force veterans and reservists is the right thing to do,” said Secretary McDonald. “We thank the IOM for its thorough review that provided the supporting evidence needed to ensure we can now fully compensate any former crew member who develops an Agent Orange-related disability.”

Under this new rule, Air Force and Air Force Reserve flight, medical and ground maintenance crewmembers who served on the contaminated ORH C-123s are presumed to have been exposed to herbicides during their service, thus making it easier for them to establish entitlement for some VA benefits if they develop an Agent Orange-related presumptive condition. In addition, for affected Air Force Reserve crew members, VA will presume that their Agent Orange-related condition had its onset during their Reserve training. This change ensures that these reservists are eligible for VA disability compensation and medical care for any Agent Orange-related presumptive condition, and that their surviving dependents are eligible for dependency and indemnity compensation and burial benefits.

The interim final rule can be found on the Federal Register: www.federalregister.gov/public-inspection. VA will immediately begin processing claims and issuing benefits to eligible Air Force crew members. VA encourages reservists who were assigned to flight, ground or medical crew duties at Lockbourne/Rickenbacker Air Force Base in Ohio (906th and 907th Tactical Air Groups or 355th and 356th Tactical Airlift Squadron), Westover Air Force Base in Massachusetts (731st Tactical Air Squadron and 74th Aeromedical Evacuation Squadron) or Pittsburgh, Pennsylvania, International Airport (758th Airlift Squadron) during the period 1969 to 1986, and developed an Agent Orange-related disability to file a disability compensation claim online through the joint VA-Department of Defense web portal, eBenefits (<https://www.ebenefits.va.gov/>).

VA also has identified several active duty locations where ORH C-123 aircraft may have been used following their service in Vietnam. Active duty personnel who served in a regular USAF unit location where a contaminated C-123 was assigned and who had regular and repeated contact with the aircraft through flight, ground or medical duties during the period 1969 to 1986, and who develop an Agent Orange-related disability, also are encouraged to apply for benefits. For more information on applying for these benefits, including the affected units, Air Force Specialty Codes and dates of service for affected crew members, and a listing of Agent Orange-related conditions, visit www.benefits.va.gov/compensation/agentorange-c123.asp.

In order to avoid unnecessary delay of benefits, claimants should annotate “(C-123)” after each Agent Orange related disability in *Part II, Block 14* of VA Form 21-526 or *Section I, Block 11* of VA Form VA Form 21-526EZ when filing on eBenefits. Example: Diabetes (C-123). If claimants have any of the following documents, they should be attached to their application:

- Discharge, separation papers, (DD214 or equivalent).
- USAF Form 2096 (unit where assigned at the time of the training action).
- USAF Form 5 (aircraft flight duties).
- USAF Form 781 (aircraft maintenance duties).
- Dependency records (marriage & children's birth certificates).
- Medical evidence (doctor & hospital reports).

VA will process all claims related to C-123 exposure at the St. Paul, Minnesota, VA Regional Office. Claims not filed through eBenefits should be mailed to the following address (or faxed to 608-373-6694):

Department of Veterans Affairs
Claims Intake Center
Attention: C123 Claims
PO Box 5088
Janesville, WI 53547-5088

Individuals with specific benefit questions related to herbicide exposure on C-123s may call VA's special C-123 Hotline at 1-800-749-8387 (available 8 a.m. – 9 p.m. EST) or e-mail VSCC123.VAVBASPL@va.gov.

The military museum at Papago Park military reservation, the home of the Arizona Army National Guard on McDowell Road, is open every Saturday and Sunday except holidays from 1-4 p.m. Admission is free. They close June, July, and August and reopen the first weekend in September. Their themes include Conquistadors, Spanish-Colonial, US-Mexican War, Early AZ Territory, Indian Wars, On the Border, World War I and World War II, Korea, Code talkers, Bushmasters, POW camp, Vietnam (entire room with a Huey gunship), military radios, women in the military, Arizona Medal Of Honor recipients, Terrorism, Operations Enduring Freedom and Iraqi Freedom, Frank Luke, Army Air Corps, AZ Air National Guard with all models of aircraft used by Arizona Air Guard. They have weapons, uniforms, art, documents, a library and archives. Though the museum is closed now, it will schedule groups during the week, and now is the time for your group to think about a schedule some time in the fall and make a reservation. The phone number is 602-267-2676.

Wanda Wright, a retired U.S. Air Force Colonel, is the new Department of Veterans Services director for the state of Arizona. Colonel Wright is married to Dale and has two children, a son and daughter. She graduated from the Air Force Academy in 1985 and went on to a distinguished career with both the Air Force and the Air National Guard here in Arizona. She served for five years at Davis Mothan Air Force Base in Tucson and was the commander of 4,000 National Guardsmen from all over the country on the border with Mexico. After retiring in 2011 she has held a vice principal's position at a Montessori School in Paradise Valley. Her aims as director are to help work on a roadmap to employment for our veterans and to work on issues concerning our women veterans in Arizona. Her department has many facets. They include veterans benefits counselors, one state cemetery with two under construction in Marana and near Flagstaff. There are two state veterans homes in Phoenix and Tucson with the need for many more in a state with 600,000 veterans. There are many more facets to this job but I believe she is up to it.

Maricopa Stand Down dates. For the hundreds of persons that volunteer for the Maricopa Stand Down the dates for February 2016 have been set for Feb. 25-27, 2016.

Free dental care. Aspen Dental is offering free dental care to veterans at 300 Aspen practices in 31 states on Saturday, June 27, as part of the Aspen Dental's Healthy Mouth Movement. The June 27 day of free service is expected to be the largest single day oral health initiative targeted at veterans. For more information, visit www.HealthyMouthMovement.com.Interested veterans should call 1-844-ASPENHMM (1-844-277-3646) to find a (local) participating office and schedule an appointment in advance. Veterans are urged to make appointments since walk-ins are not guaranteed to get treatment. Visit the Military.com Discounts Center to find more deals and discounts for service members, veterans and family members.

Leadership Council's Heroes Patriotic Luncheon presented by Safeway Groceries 10:45 a.m. Friday, Nov. 6, 2015, at the Biltmore Ballroom of the Arizona Biltmore Resort. The featured speaker will be Dr. Alexander White, Captain, U.S. Army, Medical Corps, Korean War veteran, Holocaust survivor, and author of "Be a Mensch". Honorary chairman of this event will be Jeff Guldner, senior vice president, Public Policy of Arizona Public Service U.S. Navy veterans. To register online, donate or information go to www.arizonavmlc.org.

Hall of Fame veteran dies. Jack Nemerov, 97, an Army captain in World War II, died May 31. As a 25 year old, Nemerov was in the first wave at Omaha Beach, on D-Day. In the spring of 1945, Nemerov was assigned as officer-in-charge of a small detachment of Hebrew-speaking soldiers to enter the death camp at Dachau. Later in life, Nemerov spoke to youth, emphasizing the goodness of our nation and the need to remember and respect our history and those that came before us. He spoke to many high schools throughout the Valley and created a program on tolerance. In 2008 he was inducted into the Arizona Veterans Hall of Fame. A memorial service will be held at 2 p.m. June 30 at the Ball Room of the Grandview Terrace, 14515 West Valley Drive in Sun City West. The ballroom will open at 1:30 p.m. for seating. It's on the fourth floor via the elevator.

Courtesy Arthur G. Sloane, Master Chief Petty Officer, Retired, US Coast Guard. Reach him at 480-802-6810 or via e-mail at artgbeard@aol.com.



MESSAGE FROM THE INTERIM UNDER SECRETARY FOR HEALTH

Post traumatic stress disorder (PTSD) is a mental health problem that can occur after someone experiences a traumatic event like combat, a serious accident, or physical or sexual assault. Almost 1 of every 10 Veterans who are being seen in VA has been diagnosed with PTSD. The condition is also prevalent among men, women, and children in the community.

June is PTSD Awareness Month and the goal is to help more Veterans, their families, clinicians, and community members understand what the condition is and know that there are treatments available that can improve lives. Although there are effective treatments that help people deal with the symptoms of PTSD, too few people who have the condition reach out for support. As PTSD Awareness Month comes to a close, I encourage everyone at VA, Veterans, and the general public to continue supporting those in needs.

What can you do to help? **Learn**, **connect**, and **share** to raise PTSD awareness. **Learn** how PTSD treatment can help, **connect** by reaching out to someone, and **share** what you learn by spreading the word. Greater understanding and awareness of PTSD will assist Veterans and others who are suffering with recognizing the symptoms and seeking the care they need. Raising PTSD awareness can also help overcome the misinformation and stigma that surround this mental health problem. If you haven't already done so, I encourage you to visit [VA Pulse - PTSD](#). There are terrific resources there for both clinical and non-clinical staff.

Many VA facilities and PTSD specialty programs around the country have sponsored events, held lectures, and provided educational information to Veterans and their families, stakeholders, and VA employees. Miami VA Health Care System has done a tremendous job highlighting PTSD Awareness Month and just this weekend they held a 'PTSD and Suicide Awareness 2.2 Mile Walk/Run' If you'd like to see pictures from the event, take a look at MVAHCS's Facebook page: <https://www.facebook.com/VAMiami>. I was thrilled to see so many participants showing their support!

For more information on ways to raise PTSD awareness throughout the year—including tips on hosting an event, sample social media posts, and PTSD Awareness Month posters, graphics, and public service announcements—visit the PTSD Awareness section of the National Center for PTSD website, at <http://www.ptsd.va.gov/about/ptsd-awareness/index.asp>.

Thank you for all you do every day to honor and care for Veterans. CAROLYN M. CLANCY, MD.



60TH ANNIVERSARY OF INDIAN HEALTH SERVICE

Please take a moment today to reflect upon the short, but proud history of our beloved Agency. July 1, 2015 marked the 60th Anniversary of the creation of the Indian Health Service (IHS):

In 1955, the Transfer Act established the Indian Health Service as part of the United States Public Health Service (USPHS) in the former Department of Health, Education, and Welfare, currently known as the Department of Health and Human Services. On **July 1, 1955**, about 2,500 health program personnel of the BIA, along with 48 hospitals, 18 health centers, 62 health stations, 13 school infirmaries, and other locations, came under the jurisdiction of the newly created Indian Health Service (IHS).

The Indian Health Service (IHS), an agency within the Department of Health and Human Services, is responsible for providing federal health services to American Indians and Alaska Natives. The provision of health services to members of federally recognized Tribes grew out of the special government-to-government relationship between the federal government and Indian Tribes. This relationship, established in 1787, is based on Article I, Section 8 of the Constitution, and has been given form and substance by numerous treaties, laws, Supreme Court decisions, and Executive Orders. The IHS is the principal federal health care provider and health advocate for Indian people, and its goal is to raise their health status to the highest possible level. The IHS provides a comprehensive health service delivery system for American Indians and Alaska Natives who are members of 566 federally recognized Tribes across the United States.

The 2015 National Marine Corps League Convention will be held August 9 through 15 in Scottsdale and is hosted by the Department of Arizona and all Arizona detachments of the Marine Corps League. Arizona Diamondbacks - August 11 6:40 p.m. - Chase Field One of the many activities associated with this National Conference is a baseball game - AZ Diamondbacks vs. Philadelphia Phillies. The committee would like to invite as many as possible - Marines, League members, veterans, families - to attend the Baseball game and join Brothers and Sisters from around the country and have some fun - enjoy an event which fosters camaraderie. Many of you are sports fans and will have a great time at the game. Please view, complete as instructed and mail the attached "Baseball Ticket Order Form" along with check payable to MCL Dept of AZ by July 19. Your tickets will be sent to address as indicated on the form. You may also register for other scheduled events- by check no later than July 1 - http://www.deptazmcl.org/uploads/Final_Activity_Schedule_3-5-15.pdf- by credit card at <http://shop.deptazmcl.org/category.sc?categoryId=1>If you have any questions or concerns you can contact Dept of AZ Paymaster Mike Bellard at 602-750-0135 or obdpaymater@oldbreddetachment.com Sponsors or Convention Program Book Ads. If you know of any companies or individuals that would like to provide sponsorship or advertise nationally in conjunction with this Marine Corps League Convention, the attached sponsorship letter explains that opportunity. Sponsorships or buying ads in the convention book assist in supporting many worthy League programs such as Marines Helping Marines, Wounded Marines Program, Scholarships, Toys-for-Tots, etc. Many detachments have bought an ad in the book and are selling ads to businesses or are requesting sponsors in their respective community. Since it is important to "share the wealth", the Convention committee is in the process of working out a plan to return part of the profits of what is sold which may provide a 25% rebate to a local detachment or program. July 1, 2005, is the deadline for submitting ads and sponsorship recognition to be included in the Convention Book. Specifications: jpg or pdf format; Ad copy should be at least 300 dpi resolution; No bleeds (do not run ad to edge of page, leave margin); Full page is 8 1/2 X 11 - \$160 Full page ad; \$90 Half page ad; \$70 Third page ad; \$50 Quarter page ad; \$35 Business Card; \$15 Patron ads per name POC or to e-mail artwork to Dept. of AZ Paymaster Mike Bellard at obdpaymaster@oldbreddetachment.com Check payable to MCL Dept. of Arizona and mail to Paymaster Mike Bellard, PO Box 2087, Peoria, AZ, 85380. Indicate in message name or program of recipient for rebate!! Thank you and Semper Par! Josie Kakar-Delsi, Adjutant/PR Marine Corps League Casa Grande Detachment 901.

Lori Piestewa Post #80 Meeting

The local American Legion Lori Piestewa Post #80 will hold their monthly meeting on Wednesday, August 5, 2015, at 6:30 p.m. in the Hopi Health Care Center conference room, located at Polacca, AZ. All Veterans, Military and their family members are invited to attend the meeting to learn more about the American Legion, veteran issues and services offered to Veterans from all branches of the service. Food and drinks will be provided for everyone. For more information on meeting or to learn about the American Legion you can contact Geno at (928) 613-4863.

Veterans Benefits Service Officer to Assist Veterans and Widows on Hopi

Tanya Dooline, Veterans Service Officer, AZ DVS, will conduct VA benefits assistance for Veterans and Widows who reside on or around the Hopi Reservation. Her next visit to Hopi will be on Thursday, July 23, 2015, from 10:00 a.m. to 2:00 p.m. (MST), at the Hopi Cancer Support Services building located at Kykotsmovi. She will assist Veterans with VA compensation and pension applications and medical enrollments. To better assist you in submitting VA claims, please bring copies of: DD Form 214 (military discharge); marriage certificate; social security card for self, spouse, and children; birth certificate of self, spouse and children; divorce decrees; death certificates (deceased Veterans); award letters from federal, state or tribal entities; and any other documentation as supporting evidence for VA claims. Call Geno or Hanna at (928) 734-3461/3462 to make an appointment.

"The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride. You can walk about with character and pride no matter in what place you happen to finish." Billy Mills, Oglala Lakota, US Marine Corps, and Gold Medal Winner for 10K meter race at the 1964 Tokyo Olympic Games.

Happy July 4th



Mobile Vet Center

COUNSELING Services for VETERANs in your area.

**Please
Have your
DD-214's
Available**

DATE	PLACE	TIME
July 2	Leupp, Flea Market	9:30am 2:00pm
July 7	1 st Mesa Honoring Our Veteran's Run.	4:30am 2:00pm
July 7	Window Rock, Flea Market	10:30am 2:00pm
July 8	Moencopi, Legacy Inn & Community Center	9:30am 2:30pm
July 9	Sanders, Gas Station	10:00am 2:00pm
July 16-17	Dulce, N.M. Warrior Day Celebration	9:00am 2:00pm
July 28	Winslow Community Center	11:00am 2:00pm
July 29	Ganado, Flea Market	10:00am 2:00pm

**For more
information
call:
(928) 734-5377
(928) 205-7989
(928) 734-5166**

**All times are
MOUNTAIN
STANDARD
TIME**

SCHEDULE SUBJECT TO CHANGE

PTSD Counseling/Education, Readjustment Individual/Group, Couple/Marital/Family, Sexual Trauma, Harassment, Bereavement, and Substance Abuse Counseling/Referrals – VA Information, Claims, Compensation, Pension, Health Enrollment and VA Related Services.

Please leave
one flyer
displayed!!



www.vetcenter.va.gov

1-877-WAR-VETS



UNIFIED ARIZONA VETERANS

Post Office Box 34338
Phoenix, AZ 85067
Telephone (602) 943-7834

The Voice of Arizona's Veterans



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You are cordially invited to

V-J Day 2015

*Celebrating 70 Years of Peace
Honoring Those Who Fought for Peace*

Saturday, August 15th, 2015

Cocktail Reception/Raffle 5:30 pm

Dinner 6:30 pm (Chicken)

at

Doubletree by Hilton

2100 S. Priest Drive

Tempe, Arizona 85282

RSVP

Registrations are now being accepted. Please RSVP by Friday, July 31, 2015

Please U.S. Mail your Name, Telephone Number, & \$30 per person

Check or money order payable to "Unified Arizona Veterans" to:

Unified Arizona Veterans, Box 34338, Phoenix, AZ 85067

Point of Contact: Carol Culbertson, UAV Secretary

(602) 943-7834 carolculbertson@earthlink.net

Event Sponsors

Republic of China (Taiwan) Veterans Association, Phoenix

American Legion Judge Thomas Tang Post 50

Unified Arizona Veterans

Event Co-Sponsors

Veterans Affairs Council, Republic of China (Taiwan)

Taipei Economics and Cultural Office (TECO), Los Angeles

Cultural Center of Taipei Economics & Cultural Office (TECO), Orange County

Dress

Semi-formal or business formal attire requested

Equivalent military attire for military and veteran guests

EIN: 90-0914161

A 501(c)(3) Organization

WEB: azuav.org

The next 100-Mile Club Run is Monday, July 6, 2015, at Oraibi Village. Registration begins at 5:00 p.m. and the run/walk will begin at 6:00 p.m. For more information, please call (928) 734-3432. Come join us to continue or to start your journey to a healthy life.

Call for Volunteers



**The Hopi Cancer Assistance
Fund Program seeks
assistance with benefit event
on September 13, 2015.
Interested individuals may
call:**

(928) 734-1152

SUNDAY, SEPTEMBER 13, 2015 CLIMB THE MESA TO CONQUER CANCER



"Climb" begins at 7am MST

10K Run/Walk

Before 8/28: \$15 per entry

\$50 per 4-person group

After 8/28: \$20 per entry (no group rates)

Entry Forms Available at HCSS Office

HOPi CANCER ASSISTANCE FUND

PO Box 123 Kykotsmovi, AZ 86039

928-734-1151



Hopi Veterans Services

Office Hours: 8:00 a.m. to 5:00 p.m. (MST), Monday—Friday, excluding Hopi Tribal holidays.

Location: H.O.P.I. Cancer Support Services Building, located near the Hopi Nutrition Center.

Address: P.O. Box 123, Kykotsmovi, AZ, 86039

(928) 734-3461 or 734-3462 or E-mail us at: ETalas@hopi.nsn.us

For VA website, go to www.va.gov or call (800) 827-1000 on VA benefits.



Hopi Veterans Services wishes everyone a Happy Fourth of July Holiday.

Our office will be closed on Friday, July 3, 2015.

Have a safe three-day holiday!